



OFFICE OF PUBLIC INSTRUCTION

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Linda McCulloch
Superintendent



THINK FOOD

School Nutrition Programs

January 2006

**NATIONAL SCHOOL BREAKFAST
WEEK**



Get Ready for
National School
Breakfast Week,
March 6-10,
2006, using Eat
Smart. Play
Hard. Team
Nutrition (TN)

materials. Food and Nutrition
Services is excited to announce a new
style of Bright Ideas for Using the
Eat Smart. Play Hard. TN materials
featuring unique ways to celebrate
National School Breakfast Week! This
latest edition includes lesson plans
and activities to make any breakfast
celebration complete. Breakfast-
promoting posters,
bookmarks, activity
sheets and other
resources are
available on the Eat
Smart. Play Hard.
TN Web site.



Check out the following Web sites:
www.fns.usda.gov/eatsmartplayhard/collection/main.html#BI.

To view and download Bright Ideas
for National School Breakfast Week
go to:

www.fns.usda.gov/eatsmartplayhard/collection/Files/BrightIdeasSBPWeek.pdf.

You may also order materials at:
www.fns.usda.gov/eatsmartplayhard/orderform.htm.

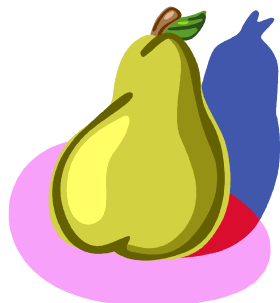
Take advantage of
this opportunity to
promote your
breakfast program
and educate your students on the
importance of a healthy breakfast.



ROUTE TO: _____	Food Service Director
_____	Kitchen Staff
_____	Administration

AVAILABLE COMMODITIES

Applesauce
Apricots
Beans, Refried
Beans, Vegetarian
Cheese, Sliced
Peaches, Canned
Pears, Canned
Raisins - Bonus



The raisins are the only bonus commodity. All other commodities will be charged to your entitlement. All requests for additional commodities must be received by February 3, 2006.

NEXT YEAR'S COMMODITY ORDERS MUST BE SUBMITTED ONLINE

Look for the enclosed memo for directions to place your commodity orders for next year. Order forms will no longer be mailed to you. They are now available on the School Nutrition Programs Web site. The order forms need to be completed and returned to the OPI no later than February 17, 2006. If you have questions, contact Judy Wilson at (406) 444-4415.

*****PLEASE SEE THE ATTACHED
LIST OF SERVSAFE TRAININGS
COMING UP*****

RAISIN ENERGY SNACKS

Have your students try these chewy snacks.

4 egg whites (or 2 whole eggs)
1/4 cup sugar
4 teaspoons vegetable oil
1 teaspoon ground cinnamon
3/4 teaspoon vanilla extract
1 2/3 cups plain low fat granola
1 cup raisins
3 tablespoons toasted wheat germ
3 tablespoons raw sunflower seeds
4 teaspoons sesame seeds

In a large bowl, beat egg whites and sugar with whisk until smooth. Beat in oil, cinnamon and extract. Stir in remaining ingredients; blend well. Generously coat 13 x 9-inch baking pan with nonstick cooking spray. Turn raisin mixture into pan; pat to even layer. Bake at 300°F for 20 to 25 minutes or until golden brown. Cool 5 minutes in pan. Loosen edges with spatula and invert onto wire rack to cool completely. Cut into 4 dozen bite-sized pieces.

Store in an airtight container.

Nutrients Per Piece: Calories 35;
Protein 1g; Fat 1g; Carbohydrates 6g;
Sodium 12mg; Dietary Fiber 0.5g

Forms and other important information regarding School Nutrition Programs can be found on the Web page www.opi.mt.gov.

Eight-Hour ServSafe Course (Certification)		
Date	Location	Contact
1/11/06	Billings	Yellowstone Extension Bernie Mason 256-2828 bmason@co.yellowstone.mt.us
1/24/06	Miles City	Custer County Extension Tara Andrews 874-3370 tandrews@montana.edu
1/30 & 1/31 2006 Done in 16 hours Reg. deadline: 1/02/06	Helena	Lewis & Clark Co Health Dept Laurel Riek 447-8361 riek@lewis-clark.mt.us
2/02/06	Billings	Sysco Montana Drew Alpers 800-755-3673 x 1171 Alpers.drew@mt.sysco.com
2/07/06	Bozeman	Food Service of America Mike Callaghan 800-829-4045 x7866 mike_callaghan@fsafood.com
2/14/06	Havre	Hill County Extension Jennifer Wells 265-5461 x233 wellsj@co.hill.mt.us
3/14/06	Billings	Yellowstone Extension Bernie Mason 256-2828 bmason@co.yellowstone.mt.us
3/29/06	Columbus	Stillwater County Health Nicole Powell 322-8035 Stillwater@montana.edu
4/18/06	Gardiner	Sysco Montana Drew Alpers 800-755-3673 x1171 Alpers.drew@mt.sysco.com
4/19/06	Great Falls	Food Service of America Mike Callaghan 800-829-4045 x7866 mike_callaghan@fsafood.com
5/10/06	Billings	Yellowstone Extension Bernie Mason 256-2828 bmason@co.yellowstone.mt.us

Eight-Hour ServSafe Course (Certification) Continued		
Date	Location	Contact
6/20/06	Glendive	Food Service of America Mike Callaghan 800-829-4045 x7866 mike_callaghan@fsafood.com
9/07/06	Great Falls	Sysco Montana Drew Alpers 800-755-3673 x1171 Alpers.drew@mt.sysco.com
10/11/06	Helena	Food Service of America Mike Callaghan 800-829-4045 x7866 mike_callaghan@fsafood.com
11/16/06	Missoula	Sysco Montana Drew Alpers 800-755-3673 x1171 Alpers.drew@mt.sysco.com
12/5/06	Missoula	Food Service of America Mike Callaghan 800-829-4045 x7866 mike_callaghan@fsafood.com

Four-Hour ServSafe Course (Certification)		
Date	Location	Contact
1/23/06	Miles City	Custer County Extension Tara Andrews 874-3370 tandrews@montana.edu
1/27/06	Columbus	Stillwater County Extension Karen Tyra 322-8035 ktyra@montana.edu
3/10/06	Billings	Yellowstone Extension Bernie Mason 256-2828 bmason@co.yellowstone.mt.us
3/29/06	Columbus	Stillwater County Health Nicole Powell 322-8035 Stillwater@montana.edu